

COMMUNITY HEALTH SEMINAR FOCUSES ON CANCER

On Jan. 24, good health, positive attitude and proper medical treatment were the focus of the first in a series of community health seminars to be offered at the Los Angeles Friendship Center today. The keynote speaker was Dr. Mamdooh Ghoneum, an accomplished cancer researcher from Drew University and UCLA.

Dr. Ghoneum discussed his research and findings about one of our world's most elusive killers: cancer.

Dr. Mamdooh has found that in many cases, innovative treatment along with chemotherapy, prayer and a positive attitude, the cancer was eliminated from his patients! Even in such difficult cases as brain cancer, this prescription for wellness brought cancerous cells down to a normal (not fatal) level.

Those attending the seminar also learned that other factors that can reduce the risk of cancer are quitting smoking, eating lots of fruits and vegetables, working to reduce pollution and eliminating stress from our lives.

We all suffer from some sort of stress. In today's world it almost seems impossible to get through the day without feeling overwhelmed by work, family or something as simple as finding a parking space at the mall. Research shows, however, that prayer and meditation practiced with faith and determination can greatly reduce stress in our lives.

How can reciting gongyo and chanting daimoku actually reduce our risk of cancer? Dr. Ghoneum's research offers documentary proof of the connection between the body and mind. His studies show that chanting or meditation increases alpha brain waves and decreases beta waves, the optimal condition to stimulate the production of strong white blood cells in our bodies. He found that after prayer, the cancer patients' white blood cells were producing more granules, the tiny yet powerful little bullets that kill cancer.

Demonstrating the healing power of chanting, friends and neighbors from the community listened as Shigeru Morita shared his experience of overcoming cancer through faith in the Gohonzon. Dr. Ghoneum then closed the seminar with a brief question-and-answer session.

The next seminar is scheduled for April and will focus on alternative medicine and the body's ability to heal itself.

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